

Mexican Inspired Poutine

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1/2 cup (1/2 cup)* chicken broth
- Frozen or fresh french fries, cooked
- Cubed mozzarella cheese (or string cheese cut into small pieces)
- 2 TBSP (4 TBSP) cornstarch
- Optional toppings and garnishes: diced avocados, pico de gallo, cilantro

Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/2 cup (1/2 cup)* of chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. While the meat is cooking, cook frozen or fresh french fries according to their directions. When the french fries are nearly cooked, add some cubed mozzarella to the top and put them in a hot oven to melt the cheese.
4. When pressure cooking is complete, use a natural release.
5. Move meat to a cutting board and shred. Cover and set aside.
6. For a thicker sauce, use the sauté function to bring the mixture to a boil; combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
7. Add the chicken into the thickened sauce and toss until coated.
8. To serve, place cooked, cheesy fries on a plate and top with chicken, sauce, and desired toppings. Eat with a fork or dig in with your fingers.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 5-8.

Grilling Directions

1. Take meal out of the freezer the evening before or morning of the day you want to cook it. Let it thaw and marinate in the fridge until dinner time. Preheat grill. Place meat on grill and cook until the chicken reaches an internal temperature of 165 degrees. Follow steps 3 and 8 above to cook fries and serve.

Leftover Suggestions:

- Taco Salad
- Tacos
- Nachos

Notes:

- If you'd rather not serve this over fries, try it in tacos, enchiladas, taco salads, or other favorite dishes. It's also delicious on its own, paired with your favorite grilled sides.

Nutrition Facts		Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
4 servings per container Serving size 1/2 cup (157g)	Total Fat 1.5g		2%		Total Carbohydrate 6g		2%
	Saturated Fat 0g		0%		Dietary Fiber 0g		0%
	Trans Fat 0g				Total Sugars 4g		
	Cholesterol 95mg		32%		Includes 4g Added Sugars		8%
Calories per serving	Sodium 840mg		37%		Protein 29g		
	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% • Potassium 20mg 0% Vitamin A 30mcg 4% • Vitamin C 2mg 2%						

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: CHICKEN, LIME JUICE, HONEY, SALT, SPICE, GARLIC